

BFC HOURS
Monday—Friday
 5:00 a.m. to 9 p.m.
Saturday
 7:00 a.m. to 5 p.m.
Sunday
 1—5 p.m.
Phone: 402-729-6139
Website:
 JCHhealthandlife.org

October 2026



JEFFERSON COMMUNITY
Health & Life
 BURKLEY FITNESS CENTER

**Be Active. Be Healthy
 Be A Better You**

Fit For Life

A JCH&L Burkley Fitness Center Publication

Follow us on Twitter & Facebook

Vol. 30—Issue 10



OCTOBER SENIOR MEMBERSHIP SPECIAL

The BFC will be promoting a special 6-month membership for Seniors. This promotion will begin on Sept. 27 and run through Oct. 31. During this time, a Senior (59 and over) can purchase an individual 6-month membership for only \$180. A Senior plus Spouse 6-month membership will be \$205. All current members can extend their current membership with this special price, even if their membership is not due.

With winter just around the corner, exercising indoors at the Burkley Fitness Center is a great option for Seniors to stay active all year long. If you know of any Seniors that may be interested in joining the Fitness Center, please let them know about this month long promotion! We always appreciate all of our members no matter what their age! Keep moving!!



BFC 30 YEAR CELEBRATION

The Burkley Fitness Center had it's 30 year anniversary in September. We would like to thank everyone who participated in all of our celebration activities. T-shirts and gym bags were given away to several our members along with several different memberships.



As always, we would like to thank all of our members for their support throughout the years. We are looking forward to the next 30 years!

Did you know...building muscle takes more than just protein? Building muscle is not at easy task. There are a combination of factors involved. Start by adding resistance to muscles. Free weights or weight machines both work. Stay in a good energy balance state throughout the day to encourage anabolic hormone production. It's also very important to get adequate sleep.

Consume carbohydrates and protein in the right amounts and at the right times to encourage muscle protein synthesis rather than muscle protein breakdown.



3 STEPS TO PREPPING (AND LOVING) YOUR VEGGIES

Vegetables are a must—but what if you don't like the bitter taste? Use this easy 3-step formula to train your palate and enjoy your greens.

1 STEP CHALLENGE

Choose a vegetable you've avoided in the past or have been a little afraid to try.

Research shows veggie distaste is reduced with exposure. It can take 3-4 tries to start liking something you originally didn't.

2 STEP COMPLEMENT

Select 1-3 complementary items for your veggie from any or all categories below.

SPICE	SOUR	SALTY
Crushed red pepper, Chopped fresh chiles, Smoked paprika, Black pepper, Chopped garlic, Ginger, Cumin	Fresh lemon juice, Fresh lime juice, Vinegar (apple, cider, or rice), Preserved vegetables (pickles, chiles, etc.), Fermented vegetables (sauerkraut, kimchi, etc.), Wine	Capon mustard, Salt, Capers, Anchovies, Olives, Seaweed, Baked cheese (feta, etc.)

Complements create flavor harmony, pushing several taste buttons at the same time. This covers up certain "veggie flavors" you may not enjoy.

3 STEP CUSHION

Select 1-2 cushioning items for your veggie.

SWEET	FAT
Maple syrup, Honey, Cooked onions, Fortified wine, Berries, Oranges/tangerines/mandarin, Mini	Tahini, Chopped walnuts, Olive oil, Cooked bacon, Avocado, Soft cheese (goat, etc.), Sliced almonds, Butter

Don't freak out if these cushions sound calorie-dense. It only takes a little bit to balance out bitterness, not a cup of oil or a pound of bacon.

Wash veggies thoroughly. If cooking, chop them into equal-sized pieces. Options for eating are: Raw—Steamed—Saute—Braised—Grilled. Remind yourself to step outside the plant food comfort zone!!

BFC RENOVATION UPDATE

The renovation of the pool and locker rooms in the Fitness Center is progressing past the demolition stage and moving towards rebuilding. The pool deck surface has been removed and a new decking material is planned to be put in place this month. The locker rooms are also moving forward with additional plumbing being installed. We will keep members updated on the progression of the renovation as best we can. Again, we thank everyone for their patience.



CHANGE SERVICE REQUESTED

Recipe of the Month: **CHICKEN SPAGHETTI CASSEROLE**

You can assemble this ahead of time and bake it when you're ready!

Ingredients:

2 c cooked chicken	3 c spaghetti, uncooked	2 cans cream of mushroom soup
3 c grated sharp cheddar cheese	1/4 c finely diced green pepper	1/4 c finely diced onion
1 (4 oz) jar diced pimentos, drained	2 c reserved chicken broth from pot	1 tsp Lawry's seasoned salt
1/8 tsp cayenne pepper	more salt and pepper to taste (if needed)	

Directions:

1. Cook 1 cut up fryer chicken and pick out the meat to make 2 cups.
2. Break spaghetti into 2-inch pieces. Cook spaghetti in same chicken broth until al dente. Do not overcook! When spaghetti is cooked, combine with remaining ingredients except additional 1 cup sharp cheddar cheese.
3. Place mixture in casserole pan and top with remaining sharp cheddar cheese. Bake at 350 degrees for 45 minutes until bubbly. If the cheese on top starts to get over done, cover with foil.

*After all ingredients are combined, this casserole can be frozen for up to 6 months or put in the fridge for 2 days before baking.

*Pioneer Woman

